



Bulletin board

At the movies Sept. 28 to Oct. 14

Baumholder, Wagon Wheel

Sept. 28 — A Cinderella Story (PG) 7 p.m.
 Sept. 29-30 — Spider-Man 2 (PG-13) 7 p.m.
 Oct. 1-2 — Anacondas: The Hunt For The Blood Orchid (PG-13) 7 p.m.
 Oct. 3 — Thunderbirds (PG) 4 p.m. The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 4-5 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 6-7 — Thunderbirds (PG) 7 p.m.
 Oct. 8-9 — Paparazzi (PG-13) 7 p.m.
 Oct. 10 — Shrek 2 (PG) 4 p.m. Paparazzi (PG-13) 7 p.m.
 Oct. 11-13 — I, Robot (PG-13) 7 p.m.
 Oct. 14 — Harold And Kumar Go To White Castle (R) 7 p.m.

Büdingen, Little

Oct. 1 — Spider-Man 2 (PG-13) 7 p.m.
 Oct. 2 — Spider-Man 2 (PG-13) 3 p.m.
 Oct. 8 — Anchorman (PG-13) 7 p.m.
 Oct. 9 — A Cinderella Story (PG) 3 p.m.

Dexheim, Rhein

Oct. 1 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 2 — Paparazzi (PG-13) 7 p.m.
 Oct. 3 — Thunderbirds (PG) 3 p.m.
 Oct. 8 — Harold And Kumar Go To White Castle (R) 7 p.m.
 Oct. 9 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 10 — I, Robot (PG-13) 3 p.m.

Friedberg, Old Ironsides

Sept. 30 — Spider-Man 2 (PG-13) 7 p.m.
 Oct. 1-2 — Collateral (R) 7 p.m.
 Oct. 3 — Anchorman (PG-13) 7 p.m.
 Oct. 7 — A Cinderella Story (PG) 7 p.m.
 Oct. 8-9 — Alien Vs. Predator (PG-13) 7 p.m.
 Oct. 10 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 14 — Thunderbirds (PG) 7 p.m.

Giessen, Skyline

Sept. 28-29 — The Manchurian Candidate (R) 7 p.m.
 Oct. 1 — I, Robot (PG-13) 7 p.m.
 Oct. 2 — Catwoman (PG-13) 7 p.m.
 Oct. 3 — King Arthur (PG-13) 7 p.m.
 Oct. 5-6 — Collateral (R) 7 p.m.
 Oct. 8 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 9 — Collateral (R) 7 p.m.
 Oct. 10 — Thunderbirds (PG) 2 p.m. The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 12-13 — Alien Vs. Predator (PG-13) 7 p.m.

Hanau, Evening Star

Sept. 28 — A Cinderella Story (PG) 7 p.m.
 Sept. 29 — Catwoman (PG-13) 7 p.m.
 Sept. 30 — Anchorman (PG-13) 7 p.m.
 Oct. 1-2 — Sky Captain And The World Of Tomorrow (PG) 7 p.m. Mr. 3000 (PG-13) 9:30 p.m.
 Oct. 3 — Sky Captain And The World Of Tomorrow (PG) 4 p.m. Mr. 3000 (PG-13)

Movies and times subject to change by local theaters. For the most up-to-date schedule visit the ASG's website (see address below).



Baseball superstar Stan Ross (Bernie Mac) confronts a young fan who caught his 3,000th hit in a film about rekindling one's love for the sport in "Mr. 3000."

7 p.m.
 Oct. 4 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 5 — Thunderbirds (PG) 7 p.m.
 Oct. 6 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 7 — Thunderbirds (PG-13) 7 p.m.
 Oct. 8 — First Daughter (PG) 7 p.m. Harold And Kumar Go To White Castle (R) 9:30 p.m.
 Oct. 9 — First Daughter (PG) 7 p.m. I, Robot (PG-13) 9:30 p.m.
 Oct. 10 — First Daughter (PG) 7 p.m.
 Oct. 11 — I, Robot (PG-13) 7 p.m.
 Oct. 12 — Harold And Kumar Go To White Castle (R) 7 p.m.
 Oct. 13 — I, Robot (PG-13) 7 p.m.
 Oct. 14 — Harold And Kumar Go To White Castle (R) 7 p.m.

Rhein Main, Gardens

Sept. 29 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 1 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 2 — Anacondas: The Hunt For The Blood Orchid (PG-13) 5 p.m. The Bourne Supremacy (PG-13) 7:30 p.m.
 Oct. 3 — Thunderbirds (PG) 7 p.m.
 Oct. 6 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Oct. 8 — I, Robot (PG-13) 7 p.m.
 Oct. 9 — Paparazzi (PG-13) 5 p.m. King Arthur (PG-13) 7:30 p.m.
 Oct. 10 — Harold And Kumar Go To White Castle (R) 7 p.m.
 Oct. 13 — First Daughter (PG) 7 p.m.

Wackernheim, McCully

Sept. 29 — Anacondas: The Hunt For The Blood Orchid (PG-13) 7 p.m.
 Oct. 6 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 13 — Resident Evil: Apocalypse (R) 6 p.m. I, Robot (PG-13) 8 p.m.

Wiesbaden, Flyers

Sept. 30 — Anchorman (PG) 7 p.m.
 Oct. 1 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 2 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 7 — I, Robot (PG-13) 7 p.m.
 Oct. 8 — Harold And Kumar Go To White

Castle (R) 7 p.m.
 Oct. 9 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Oct. 14 — The Manchurian Candidate (R) 7 p.m.

Wiesbaden, Taunus

Sept. 28 — King Arthur (PG-13) 7 p.m.
 Sept. 29 — Anchorman (PG-13) 7 p.m.
 Sept. 30 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 1 — The Bourne Supremacy (PG-13) 7 p.m. Resident Evil: Apocalypse (R) 9:30 p.m.
 Oct. 2 — Shrek 2 (PG) 4 p.m. Thunderbirds (PG) 7 p.m. Resident Evil: Apocalypse (R) 9:30 p.m.
 Oct. 3 — Shrek 2 (PG) 4 p.m. The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 4 — Thunderbirds (PG) 7 p.m.
 Oct. 5 — Resident Evil: Apocalypse (R) 7 p.m.
 Oct. 6 — The Bourne Supremacy (PG-13) 7 p.m.
 Oct. 7 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Oct. 8 — The Bourne Supremacy (PG-13) 7 p.m. I, Robot (PG-13) 9:30 p.m.
 Oct. 9 — Sky Captain And The World Of Tomorrow (PG) 4 p.m. Harold And Kumar Go To White Castle (R) 7 p.m. I, Robot (PG-13) 9:30 p.m.
 Oct. 10 — Sky Captain And The World Of Tomorrow (PG) 4 p.m. Harold And Kumar Go To White Castle (R) 7 p.m.
 Oct. 11 — I, Robot (PG-13) 7 p.m.
 Oct. 12 — Sky Captain And The World Of Tomorrow (PG) 7 p.m.
 Oct. 13 — Harold And Kumar Go To White Castle (R) 7 p.m.
 Oct. 14 — First Daughter (PG) 7 p.m.



Gwyneth Paltrow and Jude Law investigate disappearing scientists in "Sky Captain And The World Of Tomorrow."

Movie plots

Sky Captain And The World Of Tomorrow (PG) — Scientists around the world are disappearing and *Chronicle* reporter Polly Perkins (Gwyneth Paltrow) and ace aviator Sky Captain (Jude Law) are on the investigation. Can the fearless duo stop Dr. Totenkopf, the evil mastermind behind a plot to destroy the earth? Also stars Angelina Jolie, Casey Affleck and Giovanni Ribisi.

Mr. 3000 (PG-13) — Seven years ago, a jaded baseball star (Bernie Mac) retired from the sport upon achieving his 3,000th base hit. After three of those hits are disqualified, the Hall of Famer returns to the Milwaukee Brewers to play a few more games and get back to the 3,000 mark, but along the way he renews his love for the sport. Stars Angela Bassett and Paul Sorvino.

The Bourne Supremacy (PG-13) — When a Chinese vice premier is executed by assassin Jason Bourne it causes serious trouble in the CIA. Why? There is no "Jason Bourne" — that name is just a cover for CIA agent David Webb (Matt Damon), so it appears someone has taken the "Bourne identity," creating a diplomatic crisis. It's up to the real Bourne to find out who's behind this ruse. Also stars Julia Stiles and Franka Potente.

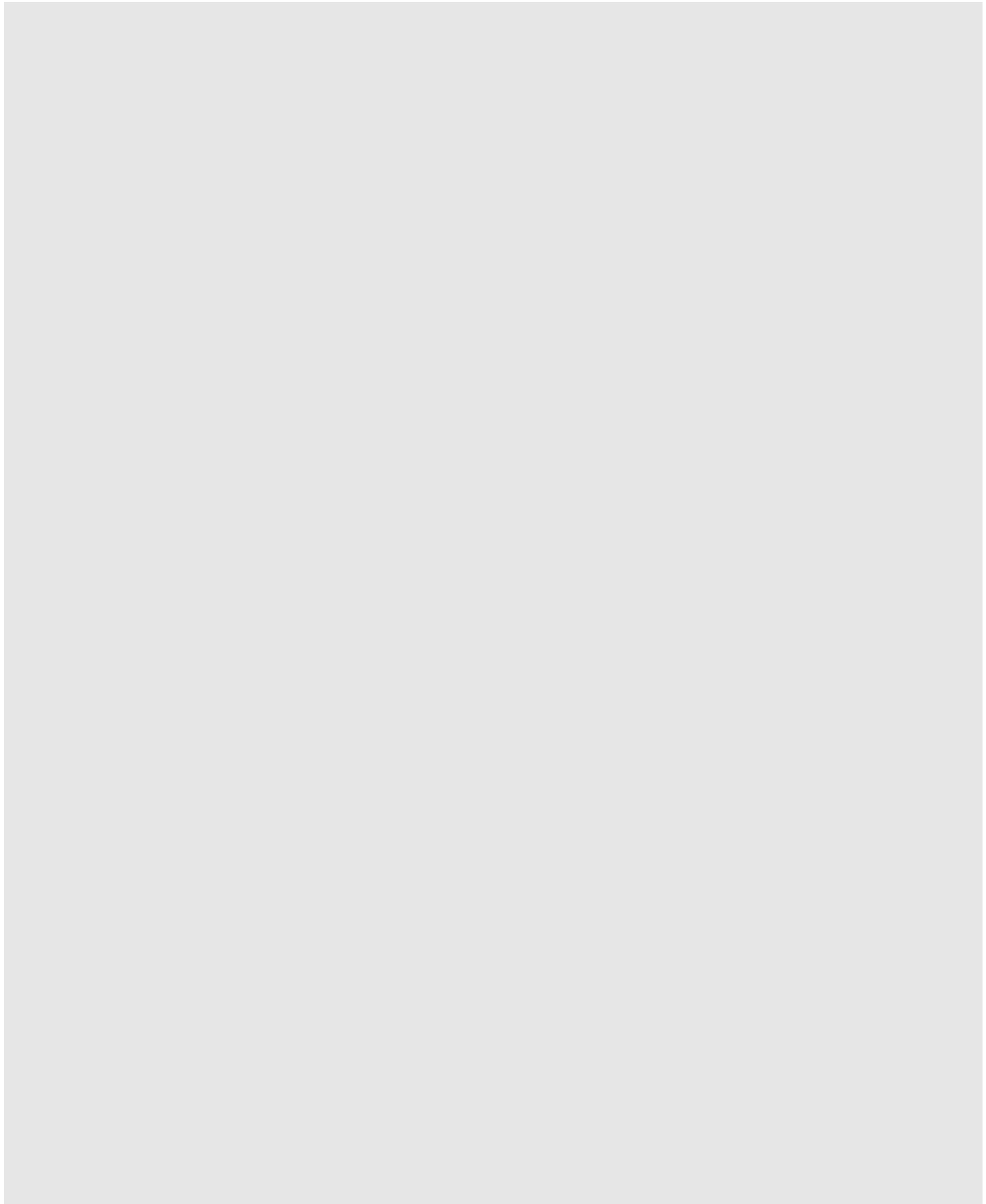
Thunderbirds — Ex-astronaut Jeff Tracy (Bill Paxton) and his five sons form a rescue team, the Thunderbirds, that uses a fleet of vehicles, including rockets and boats, to race into action whenever their services are required in the year 2065. An evil mastermind, Aristotle Spode (Ben Kingsley), wants to use the International Rescue vehicles to commit acts of crime.

First Daughter (PG) — Samantha Mackenzie (Katie Holmes) wants what every college freshman desires: to experience life away from home and parents. But it's not going to be easy because home for Sam is The White House, and her dad (Michael Keaton) is the president of the United States.

Anacondas: The Hunt For The Blood Orchid (PG-13) — A scientific expedition heads to the jungles of Borneo to search for a rare black orchid that may unlock the secrets of youth and immortality. They discover the orchid is already being used by a powerful group — a swarm of giant snakes that derive their strength, size and vitality from the flowers.

A Cinderella Story (PG) — High school senior Sam Montgomery (Hilary Duff) lives at the beck and call of her stepmother Fiona (Jennifer Coolidge) and wicked stepsisters. Sam finds her less-than-sparkling social life wonderfully complicated when she meets her prince charming online. But when her anonymous cyber soul mate turns out to be her school's popular quarterback Austin Ames (Chad Michael Murray), Sam makes a mad dash back to reality.

Herald Union classifieds



Soldiers strengthen America's schools

Troops To Teachers program moves vets into classroom

By Sgt. 1st Class Harvey Cole
U.S. Army Europe Public Affairs Office

The need for qualified teachers to shape the minds of the next generation has never been greater than it is today.

The Troops To Teachers program is a way to meet the need for instructors and mentors that benefits teachers, students and school districts all at the same time.

The purpose of Troops To Teachers is to help eligible military members transition to second careers as public school teachers in "high-need" schools. A network of state Troops To Teachers offices has been established to provide participants with counseling and help regarding certification requirements, routes to state certification and employment leads.

"When you retire from the military, many people need a lot of support transitioning to the civilian way of life. Troops To Teachers is one step and an aid for that transition," said John L. Petoskey, a 21-year Air Force veteran who is presently a high school teacher in Anchorage, Alaska.

After serving 28 years in the Army in various leadership positions, including 13 years with the 82nd Airborne Division, Daniel R. Pipher made the transition and now teaches middle school in Boynton Beach, Fla.

Mature, worldly and bright

"I have worked with young people my whole career and I'm a veteran teacher in the military," he said. "I win by having support outside my family for job assistance. The administration and school that hired me win by gaining a mature, worldly and bright military person."

"My military discipline, leadership and the fact that I have been training young people for just about my whole adult life give



Photo by Karl Weisel

Gelnhausen Elementary School Reading Recovery students celebrate their literacy during the past school year. The key ingredient in education remains talented adults committed to helping children develop their innate potential.

me a distinct advantage over the younger and fresh-out-of-college teachers," he said.

"So far there have been a lot of mountains to climb, but it is rewarding when you can help even one student achieve his or her goals, and remember you with a visit or a special unexpected gift of appreciation," said Pipher. "School districts need good people to be good teachers, just like the military needs good people to make a better military."

In tandem with the No Child Left Behind Act of 2001, the primary objective of Troops To Teachers is to recruit quality teachers for schools that serve low-income families throughout America, said Thomas E. Slaughter, education services officer at the Patton

Barracks Education Center.

"It helps relieve teacher shortages, especially in math, science, special education and other high-needs subject areas, and assists military personnel in making successful transitions to second careers in teaching," he said.

"Troops to Teachers helped me with a better network for finding a full-time teaching position," said Pipher. "They assisted in my earning my undergraduate degree. They offer stipends to help offset the cost of getting permanently certified."

"Pending availability of funds, assistance may be provided to eligible individuals up to \$5,000 to help pay for teacher certification costs or as bonuses of \$10,000 to teach in

schools serving a high percentage of students from low-income families," said Slaughter. "Participants who accept these payments must agree to teach for three years in schools that serve students from low-income families in accordance with the authorizing legislation," he said.

Soldiers interested in a second career in public education may submit a registration form to DANTES, which can be downloaded from the Troops To Teachers homepage at www.ProudToServeAgain.com.

The Troops To Teachers homepage provides information and resource links, including a job referral system that allows participants to search

for job vacancies. There are also links to state departments of education, state certification offices, model resumes and a variety of job listing sites in public education.

Troops to Teachers was established in 1994 as a Department of Defense program. The National Defense Authorization Act of 2000 transferred responsibility for program oversight and funding to the U.S. Department of Education, but continued operation by the Department of Defense. Troops To Teachers is managed by the Defense Activity for Non-Traditional Education Support, Pensacola, Fla. For more information on the Troops to Teachers program contact your nearest education center.

School bits

School closure

Department of Defense Dependents Schools across the 104th Area Support Group will close Monday Oct. 11 in observance of Columbus Day, a federal holiday. Instruction will resume Oct. 12.

Scholarship news

Sponsored by the Armed Forces Communications and Electronics Association, the **Gen. Emmett Paige Scholarship** provides funding to the tune of \$2,000 to veterans, active-duty military and to their spouses or dependents currently enrolled in accredited, full-time, four-year degree-granting institutions in the United States. Graduating high school

seniors are not eligible, but veterans entering college as freshmen may apply. Spouses or dependents must be sophomores or juniors. Applicants must be U.S. citizens, have demonstrated academic excellence and be motivated to complete a college degree in engineering, mathematics, physics or computer science with a GPA of 3.4 or higher. Application deadline is in February. For details visit www.military.com/Education/ScholarShip/Profile/1,14220,0546,00.html. Information on other AFCEA scholarships is available at www.afcea.org/education/undergrad.asp.

To search for other available scholarships go to www.military.com/Education/ScholarShip/newsearch. (Courtesy of MilitaryReport.com)

FBLA help sought

The annual Future Business Leaders of America Fall Leadership Conference will be held Oct. 28 at the Patrick Henry Village Pavilion in Heidelberg. Experienced professionals are sought to chair 45-minute workshops in a variety of subjects. A motivational speaker is sought to open the event. For details and to volunteer send email to bertha_manning@eu.odedodea.edu by Oct. 1.

SAT, ACT testing

College-bound high school students can register for the Nov. 6 administration of the SAT test until Oct. 1. Register online at www.collegeboard.com or ask your school guidance

counselor for assistance. The next test date will be Nov. 6; register by Oct. 29. ACT tests will be administered Oct. 23. Consult your school counselor or call Thomas Nesbitt at mil 337-6319, civ (0611) 705-6319 for details.

College nights set

The annual Kaiserslautern area College Information Night will be held Oct. 14 at Ramstein American High School from 6-8:30 pm. Some 70 colleges and universities will be represented by staff members and Europe-based alumni. An overview of college search techniques, financial aid procedures and information on U.S. colleges with European campuses will open the proceedings. A similar event will take place at Wiesbaden's Gen. H.H. Arnold High School Oct 13 from 5:30-7:30 p.m. High school students

and parents from all communities are encouraged to attend. Upcoming events will be held at Giessen Middle-High School Nov. 18 and Hanau High School Dec. 10. (Courtesy of DoDDS-Europe Public Affairs)

Elementary standards

Parents of students in pre-kindergarten through sixth grade can find out what their children should be learning on the web at www.odedodea.edu/curriculum. The site hosts copies of the curriculum standards that specify what students should know and be able to do, broken down by grade. The site presents a wealth of suggestions for parents to follow in supporting their children's education at each level.

Sports and leisure

Take a hike

By Donald Seltzer
Special to the Herald Union

Full listings of volksmarch events in the 104th Area Support Group may be found on the web at 104thasg.hanau.army.mil. Readers are asked, whenever possible, to mail extra sets of event brochures for this column to 104th ASG, *Herald Union* Volksmarch, Unit 20193 Box 0001, APO AE 09165-0001.



Weekend of Oct. 2-3

Fulda — Three days of walking offer a wide variety of routes as well as International Marching League credit (which requires two days of walking) at this event. Participants will find the start off the B-254 heading toward Haimbach. Follow IVV directional signs.

Start: Deutsch-Amerikanisches Sportzentrum **Friday:** 4-5 p.m. (6 and 10 km) **Saturday:** 7:30 a.m. to 1 p.m. (6 and 11 km), 7:30-11 a.m. (25 km) and 7:30-8 a.m. (42 km; bus transfer to start from 7-7:30 a.m.) **Sunday:** 7:30 a.m. to 1 p.m. (6 and 11 km), 7:30-10 a.m. (25 km) and 7:30-8:30 a.m. (42 km) **Trail:** Fairly hilly, woods and fields **Award:** From previous events (6, 10 and 25 km), patch and certificate (42 km) or medal (two-day participation).

Gemmerich — This event offers trails in the Naturpark Nassau southeast of Koblenz. From Wiesbaden a scenic drive follows B-42 along the Rhein toward Koblenz. At Wellmich take an unnumbered road through Weyer and Eschbach to reach Gemmerich.

Start: Dorfgemeinschaftshaus **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km, plus cycling) **Trail:** Mostly hilly, woods; short trail is stroller-friendly **Award:** From previous events or special stamp and certificate for Sunday's *Deutschland wandert* participation.

Staudernheim — Readers in Idar-Oberstein need only head down B-41 to reach this event. Follow B-41 to reach Sobernheim and pick up an unnumbered road to Staudernheim.

Start: Turnhalle VfL **Saturday and Sunday:** 7 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, fields and woods **Award:** Special stamp and certificate for Sunday's *Deutschland wandert* participation.

Wiesbaden-Gräselberg — Wanderers in Mainz and Wiesbaden will enjoy this nearby event. Sunday's walk benefits the fight against muscular dystrophy. Nordic-Walking is offered for the first time. From Schiersteiner Kreuz (Autobahns 66 and 643) drive north toward Wiesbaden, exit at Wiesbaden-Dotzheim and turn right onto Erich-Ollenhauer-Strasse. Watch for IVV directional signs leading to Wörthersee Strasse.

Start: Sportgelände des SC Gräselberg **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to noon (20 km) **Friday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Hilly, mostly residential areas, some woods **Award:** Special stamp and certificate for Sunday's *Deutschland wandert* participation.

Weekend of Oct. 9-10

Allenbach — This hike is just up the road from Idar-Oberstein and Neubrück. From the latter head north on B-269 to B-422 for a short drive to Allenbach. From Idar-Oberstein take B-422 north to the start at Allenbach. From Baumholder follow Autobahn 62 (at the Freisen on-ramp) to Neubrück and turn north on B-269 to B-422 and Allenbach.

Start: Gemeindehaus **Saturday and Sunday:** 8 a.m. to 2 p.m. (5 and 10 km) and 8 a.m. to 1 p.m. (20 km) **Trail:** Hilly, mostly woods **Award:** Onyx dog figurine.

Angenrod — This event is between Giessen and Bad Hersfeld near the town of Alsfeld. Take Autobahn 5 or B-254 from Fulda and B-62 from Alsfeld to reach Angenrod.

Start: Dorfgemeinschaftshaus **Saturday:** 10 a.m. to 4 p.m. (5 and 10 km) and 10 a.m. to 1 p.m. (20 km) **Sunday:** 8 a.m. to 1 p.m. (5, 10 and 20 km) **Trail:** Hilly, fields and woods **Award:** From previous events.

Weiler bei Bingen — This walk is part of the year-round *Rundweitwanderweg* in the beautiful Hunsrück region. In previous years, except for the six-kilometer route,

trails were longer than advertised. From Wiesbaden, Mainz and points east, take Autobahn 60 to Bingen and Autobahn 61 toward Koblenz. Exit at Stromberg and head toward Waldalgesheim and the start.

Start: Rhein-Nahe-Halle **Saturday and Sunday:** 7 a.m. to 2 p.m. (6 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Hilly, woods **Award:** From previous events.

Wiesbaden-Klarenthal — The changing fall colors will make these wooded trails especially pretty for wanderers. Young families should be aware trails in previous years briefly followed the shoulder of a main road. Take Autobahns 66 and 643 to reach Wiesbaden and, staying in the left lane, pick up the 2nd Ring toward Klarenthal. Turn left onto Klarenthaler Strasse and shortly thereafter left again. Follow IVV signs to the start.

Start: Geschwister-Scholl-Grundschule **Saturday and Sunday:** 8 a.m. to 2 p.m. (6 and 10 km) and 8 a.m. to noon (20 km) **Trail:** Hilly, woods **Award:** From previous events.

Weekend of Oct. 16-17

Morbach — This event is northwest of Idar-Oberstein and a good bet for readers in Baumholder. Morbach is on B-327 just north of the junction with B-269. Take B-422 from Idar-Oberstein to reach B-269. From Neubrück and Baumholder connect with B-41/269 to head north on B-269.

Start: Baldenauhalle **Saturday and Sunday:** 7:30 a.m. to 2 p.m. (6 and 10 km) and 7:30 a.m. to 1 p.m. (20 km) **Trail:** Hilly, woods **Award:** IVV credit only.

Weekend of Oct. 23-24

Bretzenheim/Nahe — This event is south of Bingen near Bad Kreuznach. I've missed turns every time I've walked these trails by not paying attention to trail markings; be sure to avoid my mistake. From western communities of the 104th ASG take B-48 north to Bretzenheim. From points east take Autobahn 60 toward Bingen, continuing at its end on a two-lane road to Gensingen. Follow IVV directional signs to Langenlonsheim and Bretzenheim.

Start: Sportplatz Schlossgarten **Saturday and Sunday:** 7 a.m. to 2 p.m. (5 and 10 km) and 7 a.m. to 1 p.m. (20 km) **Trail:** Somewhat hilly, vineyards **Award:** Stuffed toy bear.

Gelnhausen-Hailer — Volksmarchers in Büdingen and Gelnhausen have but a few kilometers to travel to enjoy this walk in nearby Hailer. Saturday morning participants may also visit the Wächtersbach ceramic factory store a short drive to the northeast. Take the Gelnhausen-West exit from Autobahn 66 to reach the start. From Büdingen take B-457 toward Gelnhausen and follow IVV signs to the start.

Start: Sport- und Kulturhalle **Saturday:** 8 a.m. to 3 p.m. (5 and 10 km) and 8 a.m. to 2 p.m. (20 km) **Sunday:** 8 a.m. to noon (5, 10 and 20 km) **Trail:** Fairly hilly, woods and fields **Award:** From previous events.

Herborn-Burg — This walk south of Dillenburg is perfect for readers in Giessen. Take Autobahn 45 northwest toward Siegen and exit at Herborn-Süd. Pick up B-255 toward Marburg and follow IVV signs to Burg.

Start: Bürgerhaus **Saturday:** 7 a.m. to 3 p.m. (6 and 11 km) and 7 a.m. to 1 p.m. (20 km) **Sunday:** 7 a.m. to 1 p.m. (6, 11 and 20 km) **Trail:** Fairly hilly, mostly woods **Award:** Model truck and trailers.

Weekend of Oct. 30-31

Besure to set your clock back one hour Saturday night.

Bad Sobernheim — This walk is west of Bad Kreuznach. Take Autobahn A-60 to Bingen and continue on B-41 through Bad Kreuznach. Note that some maps indicate Bad Sobernheim as "Sobernheim."

Start: Leinenbornhalle **Saturday and Sunday:** 7 a.m. to 1 p.m. (6, 11 and 20 km) **Trail:** Hills and fields **Award:** Fanny pack.

Baumholder — It's a hometown event for our friends in Baumholder. The sponsoring volksmarch club counts a number of American walkers among its members. From Idar-Oberstein and Neubrück use the usual route to Baumholder. Others should pick up Autobahn 62 toward Landstuhl, take the Freisen exit and head north to Baumholder.

Start: Brühl-Halle **Trail:** Hilly, woods and fields **Saturday and Sunday:** 8 a.m. to 1 p.m. (5, 10 and 20 km) **Award:** IVV credit only.

Questions? Send email to volksmarch@hotmail.com.



Things to do

Orquesta Latino plays Frankfurt

Don't miss the sizzling Latin sounds of Orquesta Latino Oct. 8 at 10 p.m. at the International Club on Fliegerhorst Kaserne.

Father Pat to perform

Father Andre Patenaude, the "Troubadour Priest," will perform during an ecumenical Prayer Breakfast at the Hanau Touch of Home Dining Facility on Hutier Kaserne Sept. 29 at 8 a.m. He will also be featured at the Pioneer Chapel Oct. 5 at 4 p.m. for an ecumenical musical presentation. For more information call Gerri Merkel at mil 323-3224 or civ (06181) 180-3224.



Time to go skiing

The Frankfurt International Ski Club invites everyone to their biweekly Wednesday meetings at the Fox and Fiddle Pub in Frankfurt (Blechstr. 46) and trips to slopes throughout Europe. Upcoming trips include **Sölden** Oct. 8-11, **Kaprun** Oct. 29-31, **Stubai** Nov. 11-14, **Kaunertal** Nov. 19-21, **Hintertux** Nov. 24-28, **Hochgurgl** Dec. 3-5 and **Saas Fee** Dec. 9-12. For information visit the club website at www.fiscweb.org or call civ (069) 97203669.

Meet the authors

Frankfurt's Amerika Haus and the English Theater Frankfurt present readings by English-speaking authors at the English Theater, Kaiserstr. 34. **Peter Carey** reads Oct. 6 at 8 p.m. and **Clayborne Carson** will read Oct. 8 at 6 p.m. Call civ (069) 2423 1620 for reservations.

USO adventures

Rhein Main Area USOs feature the following events in the coming weeks: **arts and crafts for children** Sept. 28; **Oktobertfest express** Oct. 2; **Oriental dance for beginners** Oct. 19 to Nov. 9 in Wiesbaden; **Burg Eltz and Cochem** Oct. 2; **Scotland** Oct. 6-11; **St. Petersburg and Helsinki** Oct. 7-14; **Black Forest shopping** Oct. 9; **Frankfurt Zoo by train** Oct. 11; **Poland express shopping trip** Oct. 15-17. Stop by your local USO in Wiesbaden, Rhein-Main or Hanau (has moved to Building 9 on Pioneer Kaserne) for details and to make reservations.



Photo by Marie J. DeLopez

Hamman weighs in

Olympian Shane Hamman examine's a commemorative coin at a Welcome Home Ceremony on Fliegerhorst Kaserne Sept. 17. Hamann, America's pre-eminent weightlifter who finished seventh at the 2004 Olympics chatted with Soldiers and family members as part of the MWR Summer Shout Out program.

Sports and leisure

Kellum wins Hooah Soldier

Athlete from 141st Signal claims Wiesbaden trophy

By Karen Edge

221st Base Support Battalion Public Affairs Office

Bench pressing 225 pounds, squatting while hefting 315 pounds for maximum repetitions and racing with a 40-pound rucksack were among the many challenges Soldiers faced in Wiesbaden's Hooah Soldier Competition Sept. 18.

The event, hosted by the Tony Bass Fitness Center at Wiesbaden Army Airfield, was a chance for active duty Soldiers to compete for bragging rights.

During the rucksack race Soldiers had to flip a Heavy Expanded Mobile Tactical Truck tire 40 yards, test their agility by running back through a tire obstacle track, run another 40 yards holding two 95-pound dumbbells and then race back 40 yards with a rucksack on their back.

In the Iron Cross event competitors held their arms outstretched bearing 20-pound water canteens to see who could hold them the longest.

America's so-called strongest man, and number one ranked Olympic weightlifter, Shane Hamman even had a hard time pulling a 5,200-pound High Mobility Multipurpose Wheeled Vehicle 40 yards. "It didn't look hard, but I tried it and it wasn't as easy as it looked," Hamman said.

Strong man Matt Kellum, 141st Signal Battalion, walked away with top honors to claim the 2004 Wiesbaden Hooah Soldier trophy and \$500.

Taking first place in the bench press, squat and Iron Cross, second place winner John Dale from the 205th Military Intelligence Brigade, displayed a level of strength that was unmatched by the other competitors.

Sgt. 1st Class Michael Ames, 221st BSB, was by size, the smallest competitor. But his stamina and endurance brought him the third place trophy and \$200.

"To prepare myself for a competition like this, I have to go to a place in my mind where all I think about is motivating myself to do something above and beyond what the average



Photo by Karen Edge

Matt Kellum demonstrates why he earned Wiesbaden's Hooah Soldier trophy Sept. 18.

person can do," said Ames. "I train both mentally and physically."

Susanne Dale, 221st BSB fitness coordinator, said she is already planning next year's competition and making modifications so that the Hooah Soldier event more accurately reflects the demands put on a Soldier's body during combat operations.



Photo by Karl Weisel

High schools gear up for Homecoming

Hanau's Malcolm Lane looks for a hole in the Aviano defensive line as Jonathan Echevarria (left) and quarterback Ivan James (center right) flank him during the Panther's opening season game Sept. 18. The Panthers drew first blood on a James pass to Aaron Robinson and went on to claim a 13-8 victory. The Hanau football team faces Bitburg in its Homecoming game Oct. 2 at 1 p.m. Homecoming that day will also feature the Hanau volleyball squad facing Vilseck and Heidelberg at the Fliegerhorst Fitness Center starting at 10 a.m. and Hanau tennis players taking on Wiesbaden at the school at 10 a.m. Baumholder takes on Alconbury Oct. 2 for its Homecoming showdown. Giessen hosts Baumholder Oct. 16 for the Griffins' Homecoming. Wiesbaden takes on Heidelberg at home Oct. 2 and holds its Homecoming Oct. 23 versus Lakenheath. Baumholder plays host to the European Super Six DoDDS High School Football Playoffs Nov. 6 on Minick Field when the top teams in each division face off.

Sports shorts

Giessen fight night

Giessen's Miller Hall Fitness Center will feature an evening of open and novice boxing Oct. 2 starting at 7 p.m. Admission is free for boxer and \$3 for spectators. Doors will open at 6 p.m. to spectators. Call mil 343-8208.

Coaches, officials needed

Coaches are needed for the Baumholder boxing, wrestling and basketball teams. Officials are sought for boxing, wrestling, basketball and powerlifting. Call Baumholder Sports at mil 485-7176.

Lacrosse action

The Sportclub 1880 Frankfurt Lacrosse team (formerly Frankfurt Cosmos) opened its season with wins against Heidelberg, Stuttgart and Köln. All-American Tim Pearson was instrumental in the win against Köln, scoring seven goals and two assists. The Frankfurt 1880 men's lacrosse team will host Rheinland and the women's team Aachen Oct. 2 at the Sportclub 1880 (behind the AFN Headquarters in Frankfurt). Call Bob Scheider at mil 322-8308 for more information on the lacrosse teams.

Wiesbaden martial arts

The 221st Base Support Battalion's Martial Arts Program includes vung tsun kung fu at 7:45 p.m. every Monday and Wednesday for people age 18 and up, northern praying mantis kung fu at 7:45 p.m. Tuesdays for ages 14 and up and tai chi at 7:30 p.m. Thursdays for ages 14 and up. Call the Tony Bass Fitness Center at mil 337-5943.

Frankfurt marathon

Frankfurt holds its annual Eurocity Marathon Oct. 31. Visit the www.frankfurt-marathon.de website for details.

Harlem Globetrotters

The legendary Harlem Globetrotters hold court in the Frankfurt Ballsporthalle Oct. 18. Tickets are available at www.modernwelt.de.

Combat cross country

Combat cross country teams are being sought to compete at the Oct. 23 championships in Darmstadt. Call your local Sports Office for details.

Wackernheim martial arts

Wackernheim's McCully Fitness Center holds buj in kan budo tai ju tsu classes at 6 p.m. Thursdays for adults age 18 and up. Cost is \$100 for 12 classes or \$10 for walk-ins. Call mil 334-4737 or 4725.

Wrestling tourney

Wiesbaden's Tony Bass Fitness Center holds a free freestyle/Greco-Roman wrestling tournament Oct. 16-17. Call mil 337-5942 or civ (0611) 705-5379 for details.

Basketball action

The FCK Kaiserslautern Red Devils basketball team opens its season with a game against MTV Kronberg Oct. 10 at 6 p.m. at the Schulzentrum Nord/Kaiserberg in Kaiserslautern. The game will be celebrated as "American Day" and all U.S. military ID card holders can attend for free. The team features two former U.S. college players — Austen Rowland and Timothy Johnson. For more information contact Karsten Kalbheim by email at kalbheim@gmx.de.

Getting fit

Personal trainers at the Tony Bass and Dexheim Fitness Centers will design a personal fitness programs for individuals. Cost is \$35 per session. For details call mil 337-5943 or civ (0611) 705-5943. Certified massage therapists are available at the Community Activities Center and Tony Bass Fitness Center at Wiesbaden Army Airfield. To schedule an appointment call mil 337-5943 or civ (0611) 705-5943. For appointments at the Dexheim Fitness Center call civ (06133) 925 558.